ARE YOU READY?

Compete for a spot in the 2022 Women’s Fire Prep Academy

3.19.22
Saturday 7 AM - 2 PM

Open to anyone, this academy is conducted by professional LACoFD firefighters and meets for six consecutive Saturdays. Completion 4/23/22.

BE PREPARED TO PARTICIPATE IN:
PUSH-UPS • PULL-UPS • SIT-UPS
PLANKS • STAMINA (BEEP) TEST

REQUIRED EXERCISE ATTIRE:
loose fitting, mid thigh, navy blue shorts
navy blue or white t-shirt,
white ankle socks, and running shoes

NOT PERMITTED:
tank tops • stretch pants • visible tattoos
skin-tight shorts • dolphin shorts

RSVP BY THURSDAY, 3.17.22: https://wfpa-2022.eventbrite.com
FOR MORE INFORMATION: 310 - 419 - 2115

LOS ANGELES COUNTY FIRE DEPARTMENT HEADQUARTERS
Cecil R. Gehr Combat Training Center • 1320 N. Eastern Avenue, Los Angeles, CA 90063